

SEPT. 9, 2010  
 VOL. 52, NO. 36



**COME LISTEN  
 TO TWO NEW  
 ARTISTS**  
 SEPT. 11,  
 2-5 p.m.  
 MacArthur  
 Parade  
 Field

*"One Team, Supporting Military Missions and Family Readiness!"*

## SIKH WARRIOR, DOCTOR, FAMILY MAN

Capt. Kamaljeet Kalsi cradles his daughter, Maya, and his son, Kabir, as his wife, Chinara, looks on after his graduation from the Basic Officer Leadership Course Sept. 3 at the Jimmy Brought Fitness Center. Kamal, an emergency room doctor from Riverside, N.J., is the second practicing Sikh allowed to serve in the Army while retaining his articles of faith.

*For story and more photos, see Pages 14-15.*



Photo by Steve Elliott

# AMEDDC&S civilians have lifelong learning opportunities

By Lori Newman  
 FSH Public Affairs

Army Medical Department Center & School civilians have several educational resources available to them to assist with career development and advancement. The Civilian Life Long Learning

(CL3) program is available to all AMEDDC&S employees at <http://www.cs.amedd.army.mil/CL3>. The portal is a centralized venue for civilian employees to access career management information and personalize education and training for self-development and career enhancement.

"The CL3 Program is a pilot study for [Army Medical Command]," said Gregg Stevens, chief of the AMEDD Civilian Corps and deputy to the Commanding General, during a recent town hall meeting.

See CL3 P8

## Yellow Cab and Army green go together at Fort Sam Houston

By Steve Elliott  
 FSH Public Affairs

In Joni Mitchell's hit song from the 70's, a "big yellow taxi" comes to take away her old man. On Fort Sam Houston, a big Yellow Cab can take you anywhere you want to go, on or off post.

Yellow Cab, a subsidiary of the Greater San Antonio Transportation Company, has held the taxi service contract on post since Feb. 1, 2008, according to Graciela Tunon, service business manager for the South Texas Exchange, AAFES.

"Before 2008, cabs from all the different companies were coming on post," Tunon said. "Because of security concerns, MWR and the provost marshal's office wanted to have only one company to provide taxi service to minimize the problems they were seeing. There were a lot of complaints coming from Soldiers for things such as overcharging, poor service, etc.

"AAFES was contacted to act as a middleman to



Photo by Steve Elliott

The Yellow Cab company is the only taxi service permitted to use the staging areas on post.

solicit for a contract to provide the service here," Tunon said. "We contacted every cab company in the city, and only four sources were interested in the bid of the contract. The solicitation packet was sent to these four sources. Only one replied and actually bid on it – Yellow Cab."

The contract, which runs for five years, states that the cab company

See TAXI P4



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# To the men and women of the U.S. Army

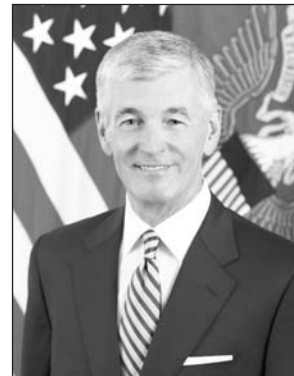
**By Army Chief of Staff Gen. George W. Casey Jr. and Secretary of the Army John M. McHugh**

On Sept. 1, Operation Iraqi Freedom ended and Operation New Dawn began. This transition represents a significant milestone and a huge accomplishment for the men and women of the United States Army. Our congratulations to Gen. Ray Odierno, to the USF-I Team, and to the nearly 800,000 Soldiers who served in Iraq and contributed to this success.



**Gen. George W. Casey Jr**

While we reflect on our accomplishments, it is important to remember that our mission there is not yet complete.



**John M. McHugh**

In cooperation with the Government of Iraq, we will continue to advise and assist the Iraqi Security Forces, support

Iraqi troops in targeted counterterrorism missions, and protect our civilians who are moving into the lead to support Iraq. We will complete these missions with the same focus, determination, and professionalism that have seen us through the last seven years.

Our Soldiers have been the key to our successes in Iraq. They have adapted to a new form of war-accomplishing the near-impossible every day; and led the way in providing the 28 million

people of Iraq with the opportunity for a better future.

This success has come at a cost — more than 3,200 American Soldiers have given their lives, and over 22,000 have been wounded. We should use today as an opportunity to pause and remember them, and to renew our commitment to never forget them or their Families.

We could not be prouder of our Army on this historic day. You remain the strength of this Nation. Army Strong!

## News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.

### "See it, Send it"

- Texting: 834-4531
- E-mail: [FtSamHoustonPolice@conus.army.mil](mailto:FtSamHoustonPolice@conus.army.mil)
- Phone: 221-CLUE (2583) Leave a Message
- Phone: 221-2222 Military Police Desk

Take the Dare and Be Aware

### Thought of the Week

The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.

— Franklin D. Roosevelt  
(Source: Bits & Pieces, 2009)

### Weekly Weather Watch

	Sept. 9	Sept. 10	Sept. 11	Sept. 12	Sept. 13	Sept. 14
San Antonio	 <b>92°</b> Chance of T-storms	 <b>92°</b> Partly Cloudy	 <b>94°</b> Partly Cloudy	 <b>94°</b> Partly Cloudy	 <b>94°</b> Partly Cloudy	 <b>92°</b> Partly Cloudy
Kabul Afghanistan	 <b>87°</b> Clear	 <b>86°</b> Clear	 <b>86°</b> Clear	 <b>82°</b> Clear	 <b>82°</b> Clear	 <b>80°</b> Clear
Baghdad Iraq	 <b>107°</b> Clear	 <b>105°</b> Clear	 <b>105°</b> Clear	 <b>107°</b> Clear	 <b>109°</b> Clear	 <b>109°</b> Clear

(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))



## News Briefs

### Army North Freedom Walk

U.S. Army North will hold a one mile Freedom Walk Sept. 10 to honor the victims of 9/11, reflect on the freedom we have in America and pay tribute to past and present veterans. Participants can meet inside the historic FSH Quadrangle at 5:20 a.m. walk begins at 5:45 a.m. The event is free and open to the public. Uniform for military will be their service's physical fitness uniform and civilians are welcome in appropriate civilian attire. Call 221-3916 for information.

### Coca-Cola Zero Music Tour

Fort Sam Houston will host the Coca Cola Zero Music Tour featuring new artists Junior and Lisa Palleschi on Sept. 11, 2-5 p.m. at the MacArthur Parade Field. The concert is free and is open to all Family and MWR patrons. For more information visit <http://www.FortSamHoustonMWR.com>.

### Hiring Heroes Career Fair

The career fair will be held Sept. 14, 9 a.m.-3 p.m. at the Sam Houston Club. The fair is open to Warriors in Transition, all active duty, Reserve component, veterans, military retirees and spouses.

### CFC Campaign

The Fort Sam Houston CFC campaign will be held Sept. 13-Oct. 25. A kickoff breakfast will be held a Sept. 15 at 7:30 a.m. at the Fort Sam Houston Golf Club. Cost is \$10. The CFC captain for Fort Sam Houston is Keith Toney at 221-2214.

### Suicide Prevention and Awareness Open House

The Fort Sam Houston Suicide Prevention and Awareness Open House, "Promoting Healthy Lives," will be held Sept. 20, 9 a.m.-2 p.m. at Army Community Service, Building 2797 on Stanley Road. Opening remarks will be provided by Lt. Gen. Guy Swan III, commander, Army North and Fort Sam Houston. Call 221-0133 or 221-1254.

See NEWS P20

# Tweets, texts and wall posts: Family and MWR 2.0

By Valentine Pumphrey and  
Amanda Stephenson  
FMWR Marketing

Want to have a say on the musical acts you'd like to see at Fort Sam Houston's Oktoberfest? Have adorable pictures of your kids enjoying some pool time at the Aquatic Center? Have a concern about one of our programs?

Family and Morale, Welfare and Recreation wants to know. We want you to be a part of our event planning team, our marketing plans and event coverage. We don't need you on the payroll. We just need you on the Web, on your cell phones, on Facebook, Twitter and YouTube.

Family and MWR has gone "Web 2.0," a buzzword used to describe the use of social Web tools to facilitate interaction on the Web.

We know our customers are no longer content with simply viewing a Web page of our events – you want to discuss them with us, give us ideas and provide feedback.

We now have Facebook and Twitter pages and encourage the Fort Sam Houston community to become both fans and followers and contribute to site content. Go ahead and post comments, ask questions, share pictures and videos. Go on, tell us how we're doing – we have tough skin!

In addition to new Web tools, Family and MWR also launched a new text messaging initiative. We know many of today's Military Families rely on their cell phones, so why not offer you a way to get the news you want right on your



phone?

Our new mobile site at <http://www.fortsamhoustonmobile.com> allows you to opt-in to receive free text messages customized to your interests.

Want to be one of the first to know about a Spurs ticket giveaway? Opt-in for "Post-Wide Special Events: Sports."

Want to know about events happening at Child, Youth and School Services? Opt-in to "Army Child, Youth and



School Services: All"

It takes just three simple steps to subscribe to the free service.

1. Log on to <http://www.fortsamhoustonmobile.com>
2. Click sign-up and enter your information.
3. Select the categories you are interested in to include both on-post Family and MWR activities and general interest areas. That's it!

You will now receive limited text messages – no more than two per month per category – and you can update your interests or opt-out of the service at any time.

You won't receive any spam either – your privacy is protected by the

Wireless Anti-Spam Committee of the Mobile Marketing Association.

"This has been long overdue across the Army," said Paul Matthews, Director, Family and Morale, Welfare and Recreation. "The days of flyers and posters have long been declining. We now have the technology to better connect with our customers and serve the military community."

To join the Family and MWR conversation, search Fort Sam Houston Family and MWR on <http://www.facebook.com> or visit <http://twitter.com/FortSamFMWR>. To find out more about the activities you enjoy, visit: <http://www.fortsamhoustonmobile.com>

## Social media is shaping markets, the military and life

By Tom Budzyna  
U.S. Army Garrison Schinnen

The Department of Defense and all of its components maintain thousands of Facebook pages according to the Assistant Secretary of Defense for Public Affairs registry maintained on <http://www.defense.gov>.

Facebook boasts more than 500 million users and may reach 700 million within the next year. Like Google, Facebook can be thought of as one of the world's largest countries, according to a July 22, 2010, social media article in the Economist magazine entitled "The Future Is

Another Country." Public relations firm Burson-Marsteller studied the largest 100 Fortune 500 companies and found that 79 percent of them use Facebook, Twitter or YouTube; and many of them have more than four Twitter accounts.

The times may always have been "a-changing," but they just seem to change faster these days. David Armano, vice president of Critical Mass, a marketing company, said in 2009 that the one thing your company will do in 2010 is have a social media policy and actually enforce it.

And in 2010, the

Department of Defense did just that.

The U.S. Deputy Secretary of Defense, William J. Lynn III, issued a directive-type memorandum on the "Responsible and Effective Use of Internet Capabilities" on Feb. 25, 2010, and within months servicemembers discovered they had access to social media on their computers at work.

Thinking back to the introduction of email in the workplace in the late 1980's, applications like Facebook are steering computer users away from the e-mail inbox and into exclusive online (and mobile) virtual communi-

ties where the first stop is not just e-mail, but much more.

Social media emerged in 1997 and is more than just marketing buzz today. It's proving to be a transformation technology that is changing business practices, markets and our entire information environment.

The Department of Defense's new policy explains that if your organization has a Facebook page, then it's referred to as an "official external presence" and must be registered with the Assistant Secretary of Defense for Public Affairs on a list maintained on <http://www.Defense.gov>

(linked under "social media").

A military organization's presence on social media pages must use official logos, official website links and adhere to a list of directives and regulations.

Being registered enables users, be they Soldiers, family members or the public media, to confirm that a site is an official and a reliable source of information. Recognition on the DoD Social Media registry confirms that it's operating under guidance from their commanders, officers-in-charge or service

See MEDIA P7

**TAXI from P1**

would stage within the areas already established, follow rules and regulations on post, and agree to provide AAFES a percentage of the fares received, that which would result in dividends to MWR.

Yellow Cab San Antonio has almost 600 taxis licensed for use throughout the city, and about 50 or 60 operate on Fort Sam Houston at any given time, according to George Alva, Yellow Cab public relations, sales and marketing manager.

"We've had very few complaints since getting the contract in 2008," Alva said. "Occasionally, we'll hear of a Soldier feeling he or she was overcharged. We'll call them and ask them for specifics, like the driver's name and the cab number."

Each taxi is numbered for identification purposes. The taxi ID number is on all four sides and the top light. It's also written on stickers inside the cab.

All cabs are equipped with digital cameras for the safety of the drivers and passengers, and all Yellow Cab phone calls are recorded to ensure the highest level of customer service. If an incident of concern occurs in a Yellow Cab or Towne Car, passengers should immediately call 222-2222 and ask to speak with the dispatch supervisor.

"Give the facts along with time, date, and location. The incident will be investigated and necessary corrective action will be taken," Alva said. "If it is not Yellow Cab or Towne Car, contact the Ground Transportation Unit of the San Antonio Police Department at 207-7378."

Alva related that the company wants to educate the Soldiers to make sure they aren't getting short-changed by one or two unscrupulous drivers.

"That makes us all look bad and makes Yellow Cab look bad," Alva said. "We run an

honest service. We don't want to steal from anybody.

"Whenever there's a call or a complaint, we make sure we address it swiftly. We'll call the driver in, if necessary, to get his side of the story," Alva said. If an independent contracted driver is doing anything inappropriate, he's risking his contract and his job."

One driver said he would never do anything to jeopardize his job, since it gives him the flexibility he enjoys to pursue a dream of his.

"I really enjoy the availability of fares, and with our computerized dispatch taxi service with global positioning systems in each cab, we can maintain our reliability and ensure a prompt response time," said Michael Robinson, who has been able to also launch a career as a voice-over artist at his website (<http://www.thep-erfectvoicefor.com>). "I knew that Yellow Cab had a great reputation and a high level of integrity I admired."

"What I enjoy about the job is the time I get to spend with the Soldiers. I appreciate these kids so much for what they do," said Robinson, who has been driving for Yellow Cab for three years after the downturn in the economy forced him out of work in computer systems. "I spend maybe 15 or 20 minutes with them and give them a chance to relax and de-stress a bit during the ride."

"The intent of our contract with the post was to provide a high-quality service. Our size, our technology and our commitment to excellence led to Yellow Cab being chosen," Alva said. "We have 569 cabs in San Antonio. The city issues permits based on population growth and there are 24 cab companies that vie for those few permits the city offers every few years. The next largest company in the city has a total of 38 cabs."

"We have a core of drivers that love working here," Alva said. "They are on a first name basis with the Soldiers and the



Photo by Steve Elliott

A Soldier at the post exchange staging area gets into one of Yellow Cab's vehicles. On post, up to six passengers can ride for a \$5 flat fee, with some provisions.

Soldiers will call the drivers direct on their cell phones to come pick them up."

"I have a few Soldiers who will only want to work with me," Robinson said. "They know they will be treated well, have a clean cab to ride in and a friendly face to come pick them up."

Want to know what your cab ride will cost before you even step inside? Yellow Cab has an fare estimator on their website (<http://www.yellowcab-sa.com>).

Using a few local destinations from Fort Sam Houston as an example, the online estimator calculated that a 9-mile trip to San Antonio International Airport would cost \$22.52; a trip to the Riverwalk would run \$8.27; and a fare to North Star Mall would run \$23.86.

"We accept credit and debit cards and have a card reader and imprinter in each cab. Drivers can also provide a receipt," Alva said. "The fare goes by meter and, depending on the vehicle, up to 6 passengers can ride for the price of one."

"On post, we honor a \$5 flat

rate, but the rules are the cab goes from Point A to Point B, with no waiting time, no detours, stops, delays or going through any gates," Alva noted. "If any of those occur, then we charge what's on the meter. If a driver demands \$5 per passenger or refuses to accept a credit/debit card, immediately contact the dispatch supervisor at 222-2222."

With the extensive construction going on around the post, Yellow Cab has lost four of its six original staging areas.

"We have been talking to the provost marshal to see if we can get some alternative locations for staging areas," Tunon said. "We used to have six, and now there are only two and one at Camp Bullis."

Alva said all drivers go through extensive safety training, and some of it focuses on what it takes to drive on Fort Sam Houston.

"It's a constant rotation of drivers at about 4 p.m. and on the weekends, and those spaces at the staging areas don't stay full for very long," Alva said. "At the mini-mall and the PX, the cabbies know there will be a lot of people

going back to the barracks, or downtown to the Riverwalk or over to the North Star Mall."

Taxis from other companies are permitted to enter the post, Alva said, but there are strict guidelines for what they can do once they drop off their fare.

"Cruising around the post looking for fares is not allowed, by us or any other company," Alva said. "If another cab company comes on post to legitimately drop off a fare, and they happen to load up while they're here, that's allowed, but Yellow Cab has exclusive staging rights on post."

"We've found some cabs will take the long way off post and take every detour they can," Alva said.

To order a cab online, click on <http://www.yellowcabsa.com>. Once the online form is completed, a confirmation of the trip will be sent to the e-mail address provided.

If you're looking for something a bit fancier, the Greater San Antonio Transportation Company also has Lincoln Towne Cars available at <http://www.townecarsa.com>, and these are available at the same rates as the taxis.





# AMEDDD recognized with two Army Knowledge Management Awards

By Col. Frederick Swiderski  
Director, Knowledge  
Management Directorate,  
AMEDDC&S

Each year the Army Knowledge Management Award (AKMA) Program recognizes outstanding individuals or organizational efforts that have implemented some or all of the 12 Army Knowledge Management (AKM) Principles.

The program provides Army-level recognition for initiatives that provide tangible success with knowledge-based capabilities and solutions related to program goals and objectives.

This year the Army Medical Department received the 2010 AKMA awards in both the

Technology Category and the Process Category for the Medical Warfighter Forum and the Warrior Knowledge Center, respectively.

The Medical Warfighter Forum (MedWfF), which was launched Aug. 15, 2009 is an AMEDD enterprise-wide technology platform that revolutionizes the way the AMEDD trains, collaborates, and shares best practices to meet new challenges.

The MedWfF provides information resources and collaboration forums to improve communication among warfighters and professional medical colleagues across the Army.

The MedWfF links to

See **KM AWARD P10**



Photo by Phil Reidinger

Joined by Maj. Gen David Rubenstein, Army Medical Department Center & School commander, the staff of the AMEDDC&S Knowledge Management Directorate presents Lt. Gen. Eric Schoomaker, Army Surgeon General and commander U.S. Army Medical Command with two Department of Army awards recognizing the Army Medical Department's Medical Warfighter Forum and the Warrior Knowledge Center websites. The awards are Army level recognition for command initiatives that demonstrate tangible success with knowledge-based capabilities and solutions related to the Army's Knowledge Management Program.

**MEDIA from P3**

component and that the information posted complies with DoD policy, existing regulations and official public affairs guidance.

Most of the regulations are not new, but what is new is how the Department of Defense is ensuring that their presence in social media is deliberate, coherent and on target.

It's important to heed the rules and the DoD isn't the only organization that monitors its official external presence. Former Home Depot operations manager Mark Pannell learned the hard way about speaking on behalf of his company without approval, according to a case study reported in Fortune magazine's Aug. 16, 2010, issue.

Pannell had more than 700 Twitter followers and 35 years with Home Depot when his good intentions were not welcomed by Home Depot's management, despite the approval by Pannell's immediate boss. Pannell now works part-time at a coffee shop.

Be sure your organization's official external presence is in synch with your public affairs office and the organizations web policy.

Social media has raised privacy concerns and social media platforms like Facebook have capabilities that enable users to protect privacy, on line discussions and messages.

"One way to protect against identity theft is to sign up and register your Facebook page (or other popular social media account) before someone else does. Own your space," said Steve Dalby, an Army Europe Information Technology training specialist who

teaches a social networking systems and site awareness course.

Even though the new DoD social media policy does not require organizations to use social media, it has an entire hub dedicated to social media. The U.S. Army alone has hundreds of official Facebook pages registered.

Thousands more comprise the collection of Army, Navy, Air Force, Marines pages, mostly Facebook, Twitter and Flickr pages that are listed on the online registry.

To make your online experience secure and enjoyable, Dalby offered these best practices in the social networking site awareness class:

- Safeguard your mobile phone, secure your computer when it's not in use, lock the computer and the door when you leave and don't keep lists of your passwords lying around.
- Keep online conversations light, unclassified and clean.
- If you don't recognize who wants to be part of your network, don't let them in.
- Learn and use the privacy features of your social media service.
- Social media applications can enable conversations to be private. Public Internet access points may not be private or secure. Private, real life conversations are often the safest option.
- The principle of "need to know" applies to military conversations just as much as it does to private conversations. Instead of posting comments on a friend's Facebook page, maybe a private message is better idea.
- If you need help learning how to use social media, ask a friend. That's what being social is about.

**CL3 from P1**

According to the AMEDD Personnel Proponent Directorate, MEDCOM currently has 43,613 civilian employees, about 29,371 of which are in a medical career field.

"The CL3 website provides links to functional, leader development, and self-development training courses. The site provides links to Office of Personnel Management or Department of the Army training. In addition, if you need help identifying specific training, you can send questions to the CL3 webmaster who will ensure you receive a response," said Josie Poirier, chief, Civilian Personnel Proponent Division. "Anyone with a Common Access Card (CAC) or Army Knowledge Online (AKO) account can access the website."

The portal has a plethora of information including a course catalog and handbook; information on the Civilian Education System; distance learning opportunities; and information on Individual Development Plans and Army Civilian Training, Education & Development System (ACTEDS) Plans.

"An IDP is the most important part of planning your career. It is a written guide of what training an employee would like to take and a tool for their supervisor to identify what they need to progress in their job," Poirier said. The IDP is initiated at the beginning of the rating period and updated throughout the year.

"The IDP is also a way for a supervisor to identify funds needed for training because they can project out a few years," she said.

"If we know what the

## Civilian Life Long Learning (CL3) at <http://www.cs.amedd.army.mil/CL3>

requirements are; we will know what the resource requirements are," Stevens said.

"Historically we have not had a process where education and training was a piece of the POM that was separate – that we could focus on. We are working on that," Stevens said.

According to Stevens, this year, 87 percent of the civilian workforce at AMEDDC&S submitted an IDP.

"We are going to do better next year," he said.

ACTEDS plans provide an orderly, systematic approach to technical, professional and leader-

ship training and development similar to the military system. They identify training courses and competencies needed at each grade level to help make an employee more competitive in their career field.

"Employees can use [ACTEDS] as a guide, but it doesn't promise that you will be promoted. It's just a way to make you more competitive as a civilian employee," said Poirier. ACTEDS Plans have been developed for employees in many non-medical Career Programs (i.e., Comptroller, Human Resources, Safety, etc.) and are available at

<http://www.cpol.army.mil>.

CPPD develops ACTEDS plans for medical occupational series i.e., psychology, social worker, registered nursing (with subcategories for different specialties), practical nursing, nursing assistant, medical records administrator, health systems administrator, hospital housekeeping management, medical records technician, dental lab technician and industrial hygienist.

Most of the plans were developed five to eight years ago. CPPD is currently updating an addenda to the registered nurse ACTEDS plan for Occupational Health Nurse and will begin updating other plans, as needed. In addition, CPPD will continue developing ACTEDS Plans for other medical occupational specialties.

Developing an ACTEDS

plan usually takes nine months to a year and requires a CPPD employee and two or three subject matter experts working together to complete. Once a plan is developed, it goes back to the corps chiefs for review and approval. Upon completion, CPPD markets the plan to the workforce.

"Mr. Stevens, the AMEDD Civilian Corps chief, is a strong advocate of civilians. He believes strongly in developing the civilian workforce and training us for the future," Poirier said.

"I'm open to ideas for different kinds of developmental opportunities," Stevens said.

The AMEDD Civilian Corps Chief is currently developing an office staff and website to assist in implementing these initiatives. Look for the website in the near future.





**KM AWARDS from P6**

the Forces Command (FORSCOM) and Training and Doctrine Command (TRADOC) Warfighter Forums (WfFs) and connects the active, Army Reserve, and National Guard forces to each other and experts in the field.

The MedWfF provides quick access to key resources such as the AMEDD Issues Program, Best Practices, Education and Training Resources, Library Resources, Lessons Learned, and Publications and References.

The MedWfF can be found at: <https://www.us.army.mil/suite/page/131414>.

The Warrior Knowledge Center (WKC) is designed and developed to close a knowledge gap for Warriors in Transition (WTs), which was identified during knowledge needs assessments conducted at Warrior Transition Units.

The WKC provides a comprehensive, organized platform of key resources with a user-friendly icon driven interface directing user access to local and global information resource and is

available to WTs on a 24/7 basis.

The focus of the WKC is on facilitating the process for WTs and their Family members to acquire greater knowledge about their medical care, family support resources, as well education and employment opportunities. The WKC is currently under development with limited access; but is available at the Fort Sam Houston Warrior and Family Support Center learning center.

The site is located at: <https://wkc.amedd.army.mil>.



**Have feedback for a post customer service provider?**

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.





# A time to reflect, remember

**By Brig. Gen.  
Leonard Patrick**  
502nd Air Base Wing  
Commander

Nine years ago this Saturday, at 8:46 a.m. EST, the U.S. came under a vicious sneak attack when hijacked American Airlines Flight 11 was deliberately crashed into the World Trade Center North Tower in New York City. At 9:03 a.m., hijacked United Airlines Flight 175 slammed into the World Trade Center's South Tower. Hijacked America Airlines Flight



**Brig. Gen. Leonard Patrick**

77 struck the Pentagon at 9:36 a.m. and at 10:03 a.m., hijacked United Airlines Flight 93 crashed in a field near Shanksville, Pa., after captive passen-

gers fought with the hijackers to reclaim the aircraft.

On Sept. 11, 2001, 2,997 innocent lives from more than 70 countries were taken. More than 6,000 were injured.

We all have vivid memories of where we were during those moments – what we were doing, how we felt. Some of you were in the Pentagon, or had friends or families there. Some of us know someone whose life was altered because someone close to them perished or was injured.

This fight is not about religion, race, politics, or possessions; it's about protecting America from being deliberately attacked again, and our way of life.

Many of you have deployed, over and over, to take the fight to this hateful enemy, and build strong allies throughout the world. Here in San Antonio, we lay witness to the results of our fight against terror, welcoming home brave warriors who have fallen, or who are recovering from injury.

Today, we see thou-

sands of brand new Airmen who volunteered to serve their country in a time of war graduate from Air Force Basic Military Training. We see technical training students from all services learn their craft at all of our San Antonio military installations. And, we see the citizens of San Antonio welcome us with open and loving arms in support of their military establishments.

In San Antonio, we will remember those who fell nine years ago, those who have suffered or have given

their lives over these past nine years, and the families and loved ones of the survivors. Please don't let this day go by without a moment of silence; reflect on your commitment to carry on this fight so we, the American people, can continue our endowment of our inalienable rights of life, liberty, and pursuit of happiness.

Thank you for serving our nation when she needs us the most. God bless you, and may God bless America.

# Diagnosing and treating prostate cancer

**By Lisa Young**  
Health Educator USAPHC  
(Provisional)

September is Prostate Cancer Awareness Month. Prostate cancer is the third most common cause of death from cancer in men, but is rarely found in men under age 40. This cancer starts in the prostate gland, a walnut-sized structure that wraps around the urethra and produces fluid for semen.

The cause of prostate cancer is unknown. Some studies have shown a relationship between high dietary fat intake and increased testosterone levels. There is no known association with an enlarged prostate.

Levels of prostate specific antigen are often

high in men with prostate cancer, but PSA can also be high with other prostate conditions.

Since the PSA test became common, most prostate cancers are found before they cause symptoms. The symptoms below can occur with prostate cancer, but are more likely to be associated with non-cancerous conditions.

- Delayed or slowed start of urinary stream
- Urinary dribbling after urinating
- Urinary retention
- Pain with urination or ejaculation
- Lower back pain or pain with bowel movement
- Urinary incontinence or excessive urination at night
- Bone or abdominal

pain or tenderness

- Blood in the urine
- Low red blood cell count

A variety of tests may be done to diagnose prostate cancer. A rectal exam will often show an enlarged prostate with a hard, irregular surface. A prostate biopsy is the only test that can confirm the diagnosis.

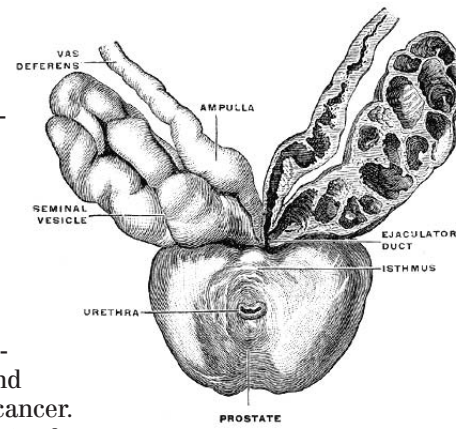
Treatment options include hormonal therapy, surgery to remove the prostate, external beam radiation therapy, radioactive seed implants, chemotherapy, freezing the cancerous prostate tissue, or monitoring without active treatment.

The decision about which treatment to choose can be difficult. Some therapy can inter-

fere with sexual performance. Drugs that reduce the testosterone level often work very well at preventing further growth and spread of the cancer. Chemotherapy is often used to treat prostate cancers that are resistant to hormonal treatments.

Ask questions and be aware of the benefits and risks of the procedures before making a treatment choice.

There is no known way to prevent prostate cancer. Early identification is possible by screening men over age 40



**Drawing by Werner Spalteholz**  
"Gray's Anatomy"  
Prostate with seminal vesicles and seminal ducts, viewed from in front and above.

a family history of prostate cancer. PSA testing in all men is in debate since a high PSA level does not always mean that a patient has prostate cancer.

Doctors are detecting and treating some very early-stage prostate cancers that may never have caused the patient any harm. The decision to use PSA testing to screen for prostate cancer should be based on a discussion between the patient and his doctor.

For more information, visit these sites:

- National Institute of Health at <http://www.nlm.nih.gov/medlineplus/ency/article/000380.htm>
- Centers for Disease Control and Prevention at <http://www.cdc.gov/Features/ProstateCancer>.

annually with a digital rectal examination and PSA blood test.

Men over 40 should see their healthcare provider if they have never been screened for prostate cancer, not annual exams, and have



# Second Sikh doctor allowed to wear articles of faith; enlisted Soldier in training

By Steve Elliott  
FSH Public Affairs

Standing at attention deep in the ranks of the Soldiers in crisp ACUs and combat boots, Capt. Kamaljeet Kalsi was just like every other officer there – proud of his achievements and ready to graduate from Basic Officer Leadership Course Class 10-105.

The only thing setting him apart was his black turban and full beard. His presence at the ceremony at the Jimmy Brought Fitness Center at Fort Sam Houston Sept. 3 was another historic step the U.S. Army has taken in accepting practicing Sikhs into the military.

Earlier this year, Capt. Tejdeep Singh Rattan was the first Sikh in a generation allowed to complete U.S. Army BOLC without sacrificing the articles of his faith.

Several years ago, Rattan, a dentist, and Kalsi, an emergency room doctor, were each assured by their respective recruiters that their articles of faith (see sidebar for explanation) wouldn't pose a problem. When they completed their studies, however, both men were told to remove their turbans and cut their hair and beards for active duty.

After several Sikh organizations got involved and a letter was sent to Defense Secretary Robert Gates, which was signed by 43 members of the House of Representatives and six U.S. senators, the Army changed its mind. Special exceptions to Army Regulation 1600-20 were allowed so Rattan and Kalsi could wear their dastaars (turbans) and keep their unshorn hair and beards as part of their uniform, and also retain their other articles of faith.

"History portrays Sikhs as warrior-saints and I believe that is what Sikhs are ... that's what our life is all about," Rattan said. "It is what the Holy Book (the Sri Guru Granth Sahib) teaches us."

While Rattan attended BOLC first, it was Kalsi who actually received the earlier exemption. He had been attending a course in emergency room medicine and reported to

BOLC at Camp Bullis in July.

"After I got the exemption, the first in 23 years to do so, the press coverage was immense," Kalsi said of the worldwide attention to his and Rattan's cases. "The first day I got to BOLC, I had people coming up to me asking 'Were you that guy? We saw you in Army Times!'"

"It's been a running joke for people who know me, but people will come up to me and ask, 'Where are you from?' I always say, 'I'm from Jersey!'" Kalsi said with a noticeable Garden State accent. "They are shocked and taken aback for a moment, but then they understand and they start smiling."

"While I was in BOLC, I was given a great opportunity to put together a presentation for the class, as well as provide information to our leadership, on the proper wear of the turban with the Army uniform," Kalsi added. "My ACU turban is really cool, it's my favorite. Every time I put it on, I feel this overwhelming sense of pride. It really grounds me, humbles me. Every time I put it on, my fellow Soldiers come up to me and say, 'That looks so great!'"

"I'm looking forward to bigger and better things in my career and to grow old with the Army," said Rattan, who attended Kalsi's graduation and is stationed at Fort Drum, N.Y. "I told Captain Kalsi by the time he got done, he would lose a lot of weight and he was going to be dark."

"He did really well and I've always looked up to him like another brother," Rattan said. "He's very calm and collected and I had no doubt in my mind he would do well, because he also stood up for what he believed in."

Practicing Sikhs have served in the armed forces since World War I, and the ruling in 1981 which disallowed Sikhs to join was due to alleged health and safety hazard of their turban and uncut hair.

Aided by the Sikh Coalition (<http://www.sikhcoalition.org>), Kalsi and Rattan appealed the Army policy because of religious convictions. They were joined by the Sikh Council on Research and Education, Sikh American Legal Defense and Education



Photo by Steve Elliott

Captains Kamaljeet Kamal Kalsi (left) and Tejdeep Singh Rattan (right) meet up after Kamal's graduation from the Basic Officer Leadership Course Sept. 3. Rattan, a dentist, and Kalsi, an emergency room doctor, are the first two practicing Sikhs in a generation allowed to complete U.S. Army BOLC without sacrificing the articles of their faith. Kamal will work in the ER of Womack Army Medical Center at Fort Bragg, N.C. Rattan is stationed at Fort Drum, N.Y.

Fund and United Sikhs. More than 17,000 Sikhs and other sympathetic supporters signed petitions on their behalf.

To put their faith into perspective, there are 25 million Sikhs worldwide, making it the fifth largest religion worldwide after Christianity, Islam, Buddhism and Hinduism, and has been in existence for more than 500 years.

"To me, there's no greater career than a life of service as a Soldier. It's an honor and it's our obligation," Kalsi said. "As a Sikh, being a Soldier runs in my blood. Even though we are only two percent of India's population, Sikhs make up a third of the Indian military. At one point in time, we were also a huge part of the British military. I'm looking forward to the day when we become a significant chunk of the American military."

"I want all the Sikhs who are coming in to have the same motivation and the same kind of mindset," Rattan added. "They need to remember that they are a Soldier and to work as a Sikh with their values intact."

"As soon as we have more and more Sikhs join the military, the citizens of this country will see us serving, they'll see us doing everything a soldier does, and see our loyalty for this country," Rattan said. "I think it'll improve over time as people get educated, ask questions. Information about Sikhs needs

to trickle down to everyone, and by Sikhs being in the military and in other areas, we can do this."

Kalsi said that while heading to Fort Bragg, N.C., for his next assignment is exciting, it's a little bittersweet as well.

"The toughest part of going through BOLC was being away from my family," said of his wife and two young children. "I'm going to be at Fort Bragg – the center of the Army universe – for the next three years, but I won't be moving them down with me. I'll be a weekend dad."

"My family will stay in Riverside, N.J., which is where I'm from," Kalsi said. "I've got two little kids, and ripping them away from the family and support system they have there is not the best idea. Plus, with me potentially getting deployed at anytime, it wouldn't be fair to them to move them down."

"The great thing about the Army is that there are so many career paths possible. I'm looking forward to discovering my path," Kalsi said. "For the foreseeable future, I'm going to be an ER doctor at Womack Army Medical Center, and I'll also be the emergency medical services director for Fort Bragg, the home of the Airborne and Army Special Operations. This is what all my training has been about."

"We hope that this will encourage the Army to change its policy, instead of giving



Kalsi (third from right) helps direct triage for a Level 2 mass casualty exercise during his Basic Officer Leadership Course at Camp Bullis.

Courtesy photo



Kalsi practices combat casualty care drills in the woodlands of Camp Bullis. The captain said while he was in BOLC, he was given an opportunity to put together a presentation for the class, as well as provide information to leadership, on the proper wear of the turban with the Army uniform.

Courtesy Photo

individual exemptions," said Sandeep Kaur, Sikh Coalition staff attorney. We just want the chance to serve, and we are moving in that direction.

"Rattan and Kalsi have both been accepted with open arms," Kaur said. "All the initial concerns that came up never came to fruition. We hope that this shows the Army that not only can Sikh Soldiers integrate with other Soldiers, but they can excel, if allowed to serve."

Kaur said that that a third exemption was recently granted for an enlisted Soldier, Simran Preet Singh Lamba, who is scheduled to attend in Advanced Individual Training at Fort Sam Houston. Lamba was recruited by the Army in 2009 through its Military Accessions Vital to the National Interest program because of his language skills in Punjabi and Hindi.

Lamba was initially advised by an Army recruiter that his Sikh articles of faith would likely be accommodated, but in March 2010, his formal request for a religious accommodation was denied. Lamba appealed the decision, and his appeal was accepted.

"I am grateful to Army leadership for allowing me to serve America," Lamba said. "There is nothing about my Sikh religious beliefs that prevents me from excelling as a soldier. I look forward to serving this great

country with honor."

"Lamba just recently joined the Army and I have no doubt he will excel," Kalsi said of his fellow Sikh Soldier. "He's a tough guy."

"We applaud the Army's decision, but we still have more work to do," said Harsimran Kaur, legal director for the Sikh Coalition. "Although Sikhs have a reputation for being among the finest soldiers in the world, Sikh Americans must still seek individual exemptions to serve their country. Religious freedom is one of the bedrock American values."

"Going forward, we hope that the U.S. military will accept with open arms any Sikh who wants to serve," Kaur added. "We're still working toward a day when Sikhs don't have to check their faith at the door."

"I think Rattan and I are just the first of many more Sikh Soldiers to come," Kalsi said. "It's my hope that my kids and kids in the next generation will be inspired by my struggle to get in the Army and do so themselves."

"We're looking forward to the day this goes from getting individual exemptions and becomes a general policy change," Kalsi added. "The military opens the door for so many opportunities and I would hate for my children not to have that opportunity."

"I am from the United States and this is my country," Kalsi said with pride. "I am a Soldier in the United States Army."



## FIVE SIKH ARTICLES OF FAITH (THE 5 KAKAARS)

**Kesh** means uncut hair. For Sikhs, the hair is a symbol of faith, and keeping long hair confirms a Sikh's belief in the acceptance of God's will, and teaches him humility and acceptance.

Guru Nanak Dev Ji, the founder of the Sikh religion, started the practice of keeping the hair unshorn. The keeping of hair in its natural state is regarded as living in harmony with the will of God. Guru Gobind Singh Ji instructed Sikh to wear a turban in order to protect their hair. The turban has many purposes and one is to keep a Sikh focused in his beliefs.

**Kangha** is a comb. Sikhs use a small wooden comb in the hair at all times. Apart from its practical utility, a comb is clearly a symbol of cleanliness. A Sikh must comb his hair twice a day and tie his turban neatly. The Gurus wore turbans and instructed the Sikhs to wear turbans for the protection of hair, promotion of social identity and cohesion. It has thus become an essential part of the Sikh dress.

**Karra** is a bracelet. A special steel bracelet is worn on a Sikh's right wrist that signifies a bond and reminds the Sikh of the vows taken by him. It's the Guru's symbolic ring to all his Sikhs, signifying their unbreakable link or bond with the Guru as well as among themselves. The circle is also a symbol of restraint and in practice a constant reminder to the Sikh of ideal behavior in a moment of weakness.

**Kachera** is shorts. This special pair of knee-length shorts is symbolic of continence and a high moral character. Kaccha can be worn on their own without causing embarrassment. It reminds the Sikh of the need for self-restraint over passions, lust and desires. Apart from its moral significance, it ensures briskness during action and freedom of movement at all times.

**Kirpan** is a sword. It is an instrument that adds to self-respect and self-defense. For Sikhs, the kirpan is the symbol of power and freedom of spirit. All baptized Sikhs should wear a short form of kirpan on their body. It symbolizes dignity, self-reliance, capacity and readiness to always defend the weak and the oppressed.

A Sikh is a devotee first and to protect his devotion, a Sikh is a warrior as well. A real Sikh will never let weapons take the precedence over his spiritual values and devotion. A real Sikh will always help the one in need and fight for him/her regardless of the person's caste, color or religion. A Sikh is never to use his sword to attack anyone.

(Source: <http://www.RealSikhism.com>, Wikipedia)



## Tips for new Army fathers

By Chris Ayers  
USAPHC (Provisional)

Brand-new Army fathers may wonder which is harder, being a Soldier or being a dad – if, that is, they have the energy to wonder about anything at all!

Sleepless nights, crying babies and dirty diapers can get anyone worried about whether he will make it through. Fear not, Dad, for you are not alone. But a dad needs to stay strong for both his new baby and his wife.

A dad needs to be there at 2 a.m. when his wife needs help changing a diaper that has failed or to clean up the wall

next to the changing table when ... well, you'll find out!

Here are some tips for brand-new fathers that will make life easier and help keep everyone happy.

### Tip 1: Be patient.

Babies can be very frustrating at times because they cannot tell us what is making them cry. Parents will eventually start to see patterns and understand what the cries and body movements mean.

Until then, try taking several deep breaths while figuring it out. If one thing doesn't seem to be working, try something else.

### Tip 2: Try these techniques for

### soothing crying babies.

- New babies are still adjusting to life outside the womb. It will seem like they are crying for no apparent reason. There are many reasons why they cry, but here are a few things to check.

- Newborn babies need to be kept warm. Keep a hat on their heads most of the day for about three to four weeks.

- Yes, the baby could already be hungry again! Newborns have very small stomachs and don't require much food, so they want to eat more often. Don't be surprised if your baby is eating every two hours.

- Change that diaper! Nobody wants to

lie around in their own waste, and that includes babies.

- Babies sometimes need alone time. If your baby is fed and changed but still crying and fidgeting in your arms, try just laying her down in the bassinet or crib and leaving her alone.

- For breastfed babies, certain foods can cause gas, in turn making them uncomfortable and upset. A change in diet can help. If your baby has gas, try pumping his legs lightly into his tummy to help work out the gas.

Remember that a baby is very fragile and should never be shaken. If your baby is crying non-stop and you just can't

handle it anymore, put the baby down in the crib and leave the room for a few minutes.

Collect yourself and try again. It is NEVER OK to shake a baby or put a baby in a dangerous situation.

### Tip 3: Do your part, Dad.

- A happy mom and baby will result from a father's involvement in the care of the baby and the Family home.

- Don't wait to be asked to help clean up the house or change a diaper. Volunteer to take care of things such as bathing the baby or doing some laundry.

- A father who takes pride in his new role will feel better about himself and

be a better dad. He will also make his wife happy, and all have heard and know, "If Momma ain't happy, ain't nobody happy!"

Being a father is one of the greatest, most rewarding things us men can do in life. A Soldier has many responsibilities, but none will be more important than raising that wonderful child of yours.

It will be hard with deployments and travel, but you can do it! Never give up, always be prepared to help, and enjoy this amazing addition to your Family.

For additional information, see Boot Camp for New Dads, <http://www.bootcampfornewdads.org>.



Photo by  
Maj. Craig  
Heathscott  
Sgt. 1st Class  
John Reed  
holds his  
newborn  
baby Ryleigh  
Alexis.

### Army Community Service classes for new dads and new moms

#### HUGS Playgroup

Sept. 7, 9 a.m. – 11 a.m.  
Dodd Field Chapel, Bldg. 1721  
Helping Us Grow Securely  
Playgroup H.U.G.S. playgroup meets weekly for interactive fun play for parents and children newborn to 5 years. The class is held at Dodd Field Chapel, Building 1721. Registration is not required, call 221-0349 or 221-2418.

#### Baby Talk

Sept. 28, 1 p.m. – 2:30 p.m.  
New Parent Support Program will offer "Baby Talk" weekly at Dodd Field Chapel. This class is an informative discussion group for moms and dads with children, newborn to 12 months "learn what they need and share what they know." This is an educational support group focusing on developmental stages and behavioral changes for baby and learning and sharing for moms. Light snacks and drinks are provided. Call 221-2705.

# 470th MI Brigade sponsors Latin American Regional Intelligence Conference

By Gregory Ripps  
470th MI Brigade PA

Approximately 230 Intelligence Professionals representing more than 50 federal agencies and military organizations – including U.S. Northern Command, U.S. Southern Command, Intelligence and Security Command, and Joint Inter-Agency Task Force South – met at the Hyatt Regency Hill Country Resort in San Antonio Aug. 30 to participate in the Latin American Regional Intelligence Conference.

Sponsored by the 470th Military Intelligence Brigade, the three-day conference provided a venue “to discuss and coordinate Latin American intelligence support strategies and

objectives, to coordinate requirements, and to discuss potential force-providing solutions.”

Participants also discussed intelligence strategies and plans to support combatant commanders, identified common objectives, and established objectives for future planning and coordination.

In his keynote address, Maj. Gen. Simeon Trombitas, U.S. Army South commander, urged participants to “think outside the box.”

“Tell us how to do things better as a nation, determining those things that do us harm,” he said. “Apply those things we do in softball operations to hardball operations.”

Col. Jim Lee, brigade commander, who earlier welcomed the partici-



Maj. Gen. Simeon Trombitas, U.S. Army South commander, provides the keynote address at the Latin American Regional Intelligence Conference, held at the Hyatt Regency Hill Country Resort Aug. 30-Sept. 2.

pants, highlighted their “common interests in combating drug trafficking and other illicit trafficking issues.

“The time is right to engage fully in this threat to our homeland,” he said to them. “By your participation here, you have

demonstrated your commitment to improving our collective actions against the nefarious activities and organizations that would threaten our greater American society.”

The first day of the conference included brief-



Photos by Gregory Ripps

Jim Bonnes, Department of the Army senior intelligence specialist, talks about human intelligence and counterintelligence during his address to participants in the Latin American Regional Intelligence Conference.

ings by G2 (intelligence) representatives from the Department of the Army, Southern Command, Army North and Army South, the J2 (intelligence officer) from Joint Task Force North, and the senior intelligence specialist from the Southwest

Border Unit, El Paso Intelligence Center.

On the second day, participants broke up into separate working groups, meeting at locations on Fort Sam Houston and Lackland Air Force Base as well as the Hyatt.

The working groups focused on aerial intelligence, surveillance and reconnaissance; biometrics operations; force protection detachments; Army cyberintelligence; border operations; the human threat signals intelligence operations; and analysis.

Members of the 470th MI Brigade served as moderators for the breakout sessions and provided outbriefs, including recommendations, from their respective groups to the full session on Aug. 31.

# ACE suicide prevention program wins national recognition

By Jane Gervasoni  
USAPHC (Provisional)

The Army ACE Suicide Intervention Training Program, developed by U.S. Army Public Health Command (Provisional) behavioral health experts, was evaluated by a panel of suicide prevention experts and is now listed in the Suicide Prevention Resource Center and American Foundation Best Practice Registry for Suicide Prevention.

The best practices registry is an independent organization supported by a grant from the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

Three suicide prevention experts reviewed the

ACE suicide intervention program and found that it met standards of accuracy, safety, adherence to prevention program guidelines and likelihood of meeting the goals and objectives of the National Strategy for Suicide Prevention.

ACE was created in response to an Army leadership request to develop a Soldier-specific suicide intervention skills training support package for Army-wide distribution, according to James Cartwright, social worker with the USAPHC (Provisional) Directorate of Health Promotion and Wellness.

The program is based on research literature and has undergone a process of testing and revision that included focus group

interviews and pilot testing to determine training utility and feasibility. ACE has been reviewed by Army Medical Command personnel and Army G-1, the Army's proponent for suicide training, for applicability and was approved for Army-wide training by the Army Task Force on Suicide Prevention, Cartwright said.

ACE is a four-hour

training that provides Soldiers with the awareness, knowledge and skills necessary to intervene with those at risk for suicide. It includes suicide awareness, warning signs, risk factors and intervention skills development.

ACE stands for "Ask, Care and Escort." It encourages Soldiers to directly and honestly question any battle buddy who exhibits suicidal behavior. The Soldier should ASK the battle

buddy whether he or she is suicidal, CARE for the battle buddy and ESCORT the battle buddy to the source of professional help, Cartwright explained.

"This training helps Soldiers and others who have taken it to be aware of warning signs exhibited by a battle buddy who is hurting and ... intervene before a suicidal crisis," according to Lt. Col. Scott Weichl, USAPHC (Provisional) chaplain.

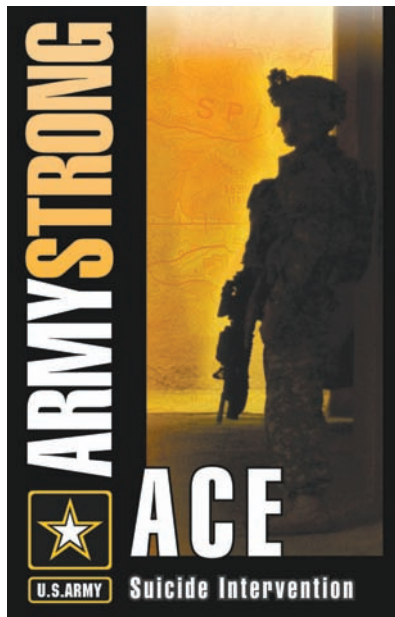
ACE program materi-

als include a trainer's manual, PowerPoint slides with embedded video messages, suicide prevention tip cards listing risk factors and warning signs for suicide, and ACE wallet cards (with simple directions for identifying and intervening with those at risk).

Cartwright explained that the material is easily taught, and all Soldiers are encouraged to receive the training. He said that part of the training is a role-playing exercise that provides participants a chance to practice the intervention skills they learn in the training. The role-playing requires Soldiers to imagine that they are in a suicidal situation, and they have to use their skills to save a life.

"Get involved! Don't let your battle buddy die by suicide," Weichl said as he stressed the importance of the training.

ACE cards and other suicide training materials are available to units through the USAPHC (Prov) online shopping cart at <http://phc.amedd.army.mil/home/>. Links to AKO-based training also are available on the site.



A

♥

**Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

C

♥

**Care for your buddy**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

E

♥

**Escort your buddy**

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline:  
1-800-273-8255 (TALK)

USAPHC <http://phc.amedd.army.mil/>

TA - 095 - 0510





## Announcements

### Microsoft Office Classes

Sept. 9 – Word Level 1  
Sept. 15 – Excel Level 2  
Sept. 16 – Word Level 2  
Sept. 21 – Access Level 1  
Sept. 22 – Excel Level 3  
Sept. 23 – Word Level 3

Classes are 8 a.m.-noon at Army Community Service, Building 2797  
To register, call 221-2518/2705.

### ACS Computer Lab

The computer will not be open until 4:30 p.m. on the following dates: Sept. 13 and 14, Oct. 4, 13 and 14.

### Aquatic Center

The Aquatic center has extended its season through Sept. 26. Beginning Sept. 7, the hours of operation are: Mondays 11:30 a.m.-1:30 p.m. lap swimming only; Tuesdays-Fridays 11:30 a.m.-1:30 p.m. lap swimming only and 4:30-8 p.m. open swim; Saturdays-Sundays noon-8 p.m. open swim. Call 221-4887.

### English as a Second Language

Classes are Mondays and Fridays, 5-8 p.m. at ACS, Building 2797, use back entrance. Classes are appropriate for the beginner, intermediate and advanced student with individualized group instruction. To register, call 221-1681/9698.

### Register early for the Combat Medic Run

The 30th Annual Combat Medic Run will be held Oct. 30 on MacArthur Parade Field. This run is open to all DoD I.D. cardholders and the general public. Race categories include a 5K, 28-Soldier Formation, 5K individual run, 10K individual run, 10K 5-person guidon team and a 2-mile fun run/walk. To register, download the brochure at <http://www.fortsamhoustonmwr.com>, register at <http://www.active.com> or pick up a brochure at the Jimmy Brought Fitness Center. Registration deadline is Oct. 29. Call 221-1234 or 385-8248.

### Survivor Outreach Services

SOS ensures surviving Family members are connected with local support services that include but are not limited to grief counseling, support groups and social events. The SOS staff will assist survivors with understanding and applying for benefits; investing, estate planning; long term life skills education and support for as long as they desire. Call 221-1841.

### H.U.G.S. playgroup

H.U.G.S. playgroup for parents and children birth to 5 years old meets, Tuesdays 9-11 a.m. at Dodd Field Chapel, Building 1721, for interactive fun play. Registration is not required. Call 221-0349/2418.

### EFMP Support Group

Exceptional Family Member Program support group meets Wednesdays 6-7:30 p.m. at School Age Services, Building 1705. The group is open to Soldiers and military Families with special need members. Child care and dinner are provided. Registration is required. Call 221-2604.

## Calendar of Events

### Sept. 10 Getting Ready for Childbirth

The class is 1-4 p.m. at ACS, Building 2797. Call 221-0349.

### Comics on Duty

The Comics on Duty Tour will make a stop at the Hacienda Recreation Center, Building 1462. The tour features comedians Steve Bills, Steve Burr, John Bizarre and Tom Cotter. Permanent-party Soldiers and Family and MWR patrons are invited to attend the free show at 5:30 p.m. (No children, please). Call 224-7250.

### Sept. 13 1,2,3,4 Padres en Espanol

Classes are Sept. 13, 20 and 27, 5:30-7 p.m., at ACS, Building 2797.

Call 221-0349/0221.

### Budget Development

The class is 2-4 p.m. at ACS, Building 2797. Work through a simple one-page budget; identify ways to reduce debt or expenses to reach your goals. Call 221-1612.

### Unit Victim Advocate Refresher

The training is 8 a.m.-noon at the 32nd Medical Brigade, Building 902. This is a mandatory training for all UVA's at Fort Sam Houston. Call 221-1505.

### Unit Family Readiness

The training is 9-10 a.m. at ACS, Building 2797. This training defines the phases of the deployment cycle and reviews the Family readiness tasks of the battalion rear detachment commander. To register, call 221-1829/2705 or e-mail [samh.acs.mob.deploy@conus.army.mil](mailto:samh.acs.mob.deploy@conus.army.mil).

### Sept. 14 Using Credit Wisely

The class is 2-4 p.m. at ACS, Building 2797. Learn how to manage credit cards and debt and the importance of protecting a credit history. To register, call 221-1612.

### Women Encouraging Women

The discussion, "Positive Discipline for Toddlers" will be held noon-1 p.m. at ACS, Building 2797. Bring your lunch and enjoy this informative hour. Call 221-

0600/2418.

### Sept. 15 Cash & Carry Warehouse Sale

Family and MWR will host a Cash and Carry Warehouse Sale and a closed-bid vehicle sale 9 a.m.-2:30 p.m. at the Family and MWR Warehouse, Building 4192, Bay A. The items sold are collected from Family and MWR facilities and include items such as furniture, TVs, desks, computers, chairs, appliances, shelves, exercise equipment and tables. All items are sold as-is and must be removed from the warehouse at the time of sale. For sealed bid items, the highest bidder will be notified by the NAF Financial Management Personnel and will have three days to pay and pick up the purchase. Only cash and personal checks are accepted as payment and there is no prior viewing of the sale property. Call 221-4449.

### Mandatory Initial First Term Financial Readiness

Class begins at noon at the Education Center, Building 2248. To register, call 221-1612.

### Stress Management

The class is 11 a.m.-12:30 pm. at ACS, Building 2797. Call 221-0349/0600.

### Sept. 16 Post Deployment Planning

The training is 9-10:30 a.m. at ACS, Building 2797. This training is

designed to increase the Spouse's ability to face reintegration with resilience and strength, allowing smoother reunions. To register, call 221-1829/2705 or e-mail [samh.acs.mob.deploy@conus.army.mil](mailto:samh.acs.mob.deploy@conus.army.mil)

### Battlemind Pre-Training for Families

The training is 2:30-4:30 p.m. at ACS, Building 2797. This training focuses on helping Soldiers and Families prepare for deployment. To register, call 221-1829/2705 or e-mail [samh.acs.mob.deploy@conus.army.mil](mailto:samh.acs.mob.deploy@conus.army.mil).

### Sept. 17 CARE Team Training

The training is 1:30-3 p.m. at ACS, Building 2797. This training is recommended for casualty assistance officers, casualty notification officers, and battalion care team volunteers. To register, call 221-1829/2705 or e-mail [samh.acs.mob.deploy@conus.army.mil](mailto:samh.acs.mob.deploy@conus.army.mil).

### Sept. 18 UIW Military Appreciation Game

The University of the Incarnate Word will hold its annual Military Appreciation Football Game at 7 p.m. at the Gayle and Tom Benson Stadium on the campus of UIW. General admission is free for all DoD I.D. cardholders. There is also free parking in the parking garage located near the 281 and Hildebrand campus entrance. Call 829-6048.

# Cole gridders roll in home opener

In new head coach Tim Duncan's home debut, the Robert G. Cole High School's varsity football team racked up more than 450 yards of offense in a decisive 41-12 victory over the St. Anthony Yellow Jackets Sept. 3 at Cole Stadium.

Attacking out of their new "wishbone" formation, three Cougars rushed for touchdowns. Junior Bryce King scored three times, Junior Tyreese Davis twice, and Senior Jovan Canel once, and Cole used a 20 point third quarter to salt away the victory.

The Cougars stand at 1-1 for the season; with their next game is Sept. 10 at 7:30 p.m. versus the Marion Bulldogs, at Marion.

## NEWS from P3

### Gazebo Concert

Brig. Gen. Joseph Carvalho, commander, Southern Regional Medical Command (Provisional) and Brooke Army Medical Center, will host a gazebo concert Sept. 26 at 6 p.m. at the gazebo on Staff Post Road.

### Pre-Command Course

The course is Sept. 28-Oct. 1 for

new first sergeants and company commanders. The intent is to provide new company leadership a full understanding of Garrison resources available to assist them during their time in command at Fort Sam Houston. The briefings start at 8:30 a.m., Building 2398, Scott Road. The briefing will come from various garrison organizations and a tour of Camp Bullis. To register, call 221-1586 or 221-2241.

### Army Tuition Assistance FY10 End of Fiscal Year

All course enrollments with start dates through Sept. 30 must be requested in GoArmyEd before Sept. 21. GoArmyEd will not be operational Sept. 28 in support of the fiscal year cut-off. This enrollment cut-off has no impact on registration for courses starting Oct. 1 or later (FY11 enrollments).

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES SEPT. 13-18

<b>Fort Sam Houston Elementary School</b> Gifted and Talented Education (G.A.T.E.) nominations all week	Individual school pictures	during lunch JV Football at TMI, 6 p.m.
<b>Sept. 16</b> Cougar Connections: Strengthening Classroom Focus & Concentration with Kathy Maxwell for third to fifth grades, 11:30 a.m.-noon	<b>Robert G. Cole Middle and High School</b> Book Fair in Media Center all week	<b>Sept. 17</b> Pep Rally schedule JV/V Volleyball vs. Brooks at Cole, 4:30 and 6:30 p.m. Homecoming Game Varsity Football vs. TMI at Cole, 7:30 p.m.
<b>Sept. 17</b> Constitution Day ceremony, 8 a.m. to 9 a.m.	<b>Sept. 14</b> JV/V Volleyball vs Randolph at Cole, 5 and 6:30 p.m.	<b>Sept. 18</b> UTSA Classic at Brooks City Base, TBA Cole Homecoming Dance in high school mall, 8 p.m. to midnight
	<b>Sept. 16</b> Sixth to 11th grade picture day during English classes Junior class ring orders Mall area	

## News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.

## HONORABLE SERVICE



**Photo by Ed Dixon**

Col. Jane Morrical, Army Medical Department Center & School; Col. Lawrence Sansone, Army Corps of Engineers; Lt. Col. James Jones, Army South; Lt. Col. Robert Hookness Jr., Army South; Chief Warrant Officer 4 Clinton Fosbenner, Army South; Master Sgt. Frank Narvaez III, Army Sergeants Major Academy; and Staff Sgt. Angel Chamorro, Third Brigade, First Armored Division participate in a consolidated retirement ceremony Aug. 26 at the historic Fort Sam Houston Quadrangle. Maj. Gen. David Rubenstein, commanding general AMEDDC&S hosted the ceremony.





## Announcements

### Sergeant Audie Murphy Club

The Sergeant Audie Murphy Club SMA Leon Van Autreve Chapter will hold a special election to elect an interim vice president to serve out the term of the current Vice President Sgt. 1st Class Serena DiVirgilio as she transitions to Fort Hood, Texas. The election will be held at October's monthly meeting and the elected official will serve until annual elections are held in January 2011. The Sergeant Audie Murphy Club would like to thank DiVirgilio for her dedication and commitment to the chapter and for a job well done. Her work will carry the club forward and her presence will truly be missed.

### Lose Something?

All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or visit Fort Sam Houston Police Desk, Building 2244.

## Calendar of Events

### Sept. 9 BAMC Auxiliary Welcome Coffee

The Annual Brooke Army Medical Center Auxiliary Welcome Coffee will be held 11a.m.-1 p.m. at the Stilwell House, 626 Infantry Post. Any adults with a military or DoD affiliation - active or retiree are invited and friends. No RSVP is needed. Come enjoy food, mingle and learn more about the events the auxiliary has to offer. Call 290-9167 or e-mail [socials@bamcauxiliary.com](mailto:socials@bamcauxiliary.com).

### Sept. 11 Comanche Lookout Park Walk

The Selma Pathfinders volksmarch club will host a 5K and 10K volksmarch walk starting at the Fox Run Elementary School, 6111 Fox Creek Street. Walks begin between 8-11 a.m. and finish by 2 p.m. Call 496-1402 or e-mail [papre1947@yahoo.com](mailto:papre1947@yahoo.com).

### Lytle Freedom Walk

A Freedom Walk will begin at Lytle City Park and end at Lytle Veterans Park. Registration is 9 a.m., walk begins at 10 a.m. The event is free, water and waving flags will be provided. Call 381-2769 or 881-6407.

### Sept. 14 Air Force Birthday Party and Auction

The 311th ABG Booster Club at Brooks City-Base will sponsor a combined Air Force birthday party and auction at the Boar's Head Lounge. Silent auction bidding is from 3-4 p.m. with the live auction starting at 4:30 p.m. A partial list of auction items include several autographed footballs (Paterno, Brees, the three Mannings), jerseys signed by Adrian Peterson, Tim Duncan, Drew Pearson, fiddle signed by Charlie Daniels, albums signed by Willie Nelson and Tina Turner, over 15 signed trading cards and more. There will be a special appearance by the "Bud Girls." The event is open to everyone. Call 488-7794, weekdays between 8 a.m.-5 p.m.

### Sept. 16 FSH Preservation Society

The Society for the Preservation of Historic Fort Sam Houston will meet for a light lunch at 11 a.m. at the Stilwell House, 626 Infantry Post. Former U.S. Ambassador Sichan Siv will speak on his native country of Cambodia at noon. Reservations are not required. For information, call 527-9513, 824-1917 or 646-5704.

### Sept. 20 Warrant Officer Association Meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chlucchi's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. Call 375-9895 or 666-9818.

### Sept. 26 Responsible Pet Ownership Day

The event is 10 a.m.-4 p.m. at the Lou Hamilton Community Center, Lady Bird Johnson Park. There will be demonstrations, low cost pet services, and AKC Canine Good Citizen Tests for \$10. Pets welcome on short leashes or in carriers. Call 822-6763.

### Oct. 9-10 Bike MS: Valero 2010 Alamo Ride

The National Multiple Sclerosis Society: Lone Star will offer free registration for all active and retired military for Bike MS: Valero 2010 Alamo Ride to the River, to be held Oct. 9-10. Visit <http://www.nationalmssociety.org/chapters/valero2010/index.aspx>.

## Religious Briefs

### Protestant Women of the Chapel Weekly Meetings

PWOC will hold weekly Bible studies. Morning studies meet Wednesdays, 9:30-11:30 a.m. and evening studies meet Thursdays, 6:30-8 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. The chapel provides free child care for children up to 5 years old and a home school facilitator during PWOC. All children must be registered with the Child Development Center. Call 863-6361 or e-mail [samhouston@pwoc.org](mailto:samhouston@pwoc.org).

**Main Post Chapel, Building 2200, 221-2754**  
**Catholic Services:**  
4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

**Dodd Field Chapel, Building 1721, 221-5010 or 221-5432**  
**Catholic Services:**  
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays  
12:30 p.m. - Mass - Sundays  
**Protestant Services:**  
10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided  
**Samoan Protestant Service:**  
8:30 a.m. - Sundays

**Web site:** <http://www.samhouston.army.mil/chaplain>

**Brooke Army Medical Center Chapel, Building 3600, 916-1105**  
**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - Sundays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

**Center for the Intrepid, first floor, 916-1105**  
**Christ for the Intrepid services:**  
5:30 p.m. - Coffee and fellowship - Sundays  
6 p.m. - Contemporary worship - Sundays

**AMEDD Regimental Chapel, Building 1398, 221-4362**  
**32nd Medical Brigade Student services**  
**Catholic Mass:** 8 a.m. - Sundays  
**Contemporary Protestant Service:**  
9:30 a.m. and 11:01 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

**Installation Chaplain Office, Building 2530, 221-5007**  
**Church of Jesus Christ of Latter Day Saints:**  
8:30 a.m. - Sundays



**For Sale:** 1966 Mustang, red, new black carpet, 289 V-8, automatic, power steering, current Texas inspection, new chrome bumpers and pony emblems, great looking interior, daily driver, \$8,000 obo. Call 722-3378.

**For Sale:** Futon and protective cover, \$75, foam pad \$75 or \$150 for both with pickup; small to medium size animal carrier, \$35; 30-vol-

ume Encyclopedia Britannica with shelf, \$75; 54-volume set of "Great Books of the Western World" with shelf, \$100; large four drawer mahogany desk, 19 inches wide by 58 inches long by 32 inches high, \$60 with pickup. Call 733-0200 or 490-3048.

**For Sale:** 1979 Lincoln Continental, two door, 50K original miles; Honda Accord, four door. Call 595-1184 or 844-2906.

**For Sale:** Safety First red and pink apple travel system, car seat and stroller, new, \$100; Haynes auto repair manuals for Toyota pickups ('79-'95), Toyota 4Runners ('84-'95), GM Chevy Cavalier and Pontiac Sunfire ('95-'04), \$7 each. Call 248-

4937.

**For Sale:** 1997 Honda Accord, four-door, automatic, runs great, \$2,500. Call 844-2906.

**For Sale:** Washburn bass guitar and amplifier, \$450; front truck grill, \$375; sofa with memory foam, \$150; 36-inch TV, works great, \$275; Shark vacuum in sealed box, \$95. Call 633-3859.

**For Sale:** Solid oak entertainment center, \$150 obo; office desk, \$60; solid oak antique table, \$75; pipe roofing, \$1 each piece. Call 550-7371.

**For Sale:** Entertainment center with many shelves, \$50; box of women's clothes; box of miscellaneous items. Call 289-3130.

## Rocco Dining Facility Menu Building 2745, Schofield Road

*Dining Room breakfast hours Mon-Fri 6:15-8:15 a.m., weekends and holidays 8-9:30 a.m.*

### Friday – Sept. 10

#### Lunch – 11 a.m. to 1 p.m.

Chicken and dumplings, southern fried fish, meat loaf, grilled liver and onions, red beans and rice, fried potatoes and onions, steamed rice, carrots, pinto beans, collard greens

#### Dinner – 5 to 7 p.m.

Barbecued chicken, baked chicken, beef stew, breaded pork fritters, spaghetti vegetable quiche, parsley buttered potatoes, parsley egg noodles, mashed potatoes, corn, herb broccoli, fried okra

### Saturday – Sept. 11

#### Lunch – noon to 1:30 p.m.

Yankee pot roast, chili macaroni, cheese tortellini, baked sweet Italian sausages, mashed potatoes, rice pilaf, cauliflower, lima beans, Creole summer squash

#### Dinner – 5 to 6:30 p.m.

Roast pork, spaghetti with turkey meatballs, salmon croquettes, mushroom quiche, mashed potatoes, fried rice, baked potatoes, spinach, Brussels sprouts, mixed vegetables

### Sunday – Sept. 12

#### Lunch – noon to 1:30 p.m.

Chicken stir fry, pepper steak, tuna noodle casserole, breaded pork fritters, broccoli quiche, steamed rice, scalloped potatoes, wax beans with

pimientos, asparagus, corn on the cob

#### Dinner – 5 to 6:30 p.m.

Lemon baked fish, barbecued beef cubes, potato frittata, spicy chicken patties, oven-glo potatoes, parsley egg noodles, wild rice, buttered cabbage, carrots, smothered squash

### Monday – Sept. 13

#### Lunch – 11 a.m. to 1 p.m.

Spaghetti with meat sauce, blackened catfish, honey-glazed Cornish hens, Italian-style veal steaks, eggplant parmesan, spaghetti noodles, harvest brown and wild rice, garlic-roasted potatoes, broccoli combo, fried eggplant, French-style green beans

#### Dinner – 5 to 7 p.m.

Baked ham, beef lasagna, Creole chicken, cheese ravioli, brown rice, sweet potatoes, succotash, asparagus, cauliflower polonaise

### Tuesday – Sept. 14

#### Lunch – 11 a.m. to 1 p.m.

Baked ham, beef lasagna, Creole chicken, cheese ravioli, brown rice, sweet potatoes, succotash, asparagus, cauliflower polonaise

#### Dinner – 5 to 7 p.m.

Sweet and sour chicken, chicken enchiladas, roast beef, cheese enchiladas, refried beans with cheese, mashed potatoes, steamed rice, zucchini squash, Mexican corn,

carrots

### Wednesday – Sept. 15

#### Lunch – 11 a.m. to 1 p.m.

Apple-glazed corned beef, fried chicken, baked chicken, Swiss steak with brown gravy, broccoli quiche, rice and parmesan cheese, baked potatoes, parsley-buttered potatoes, beets in orange-lemon sauce, peas and carrots, buttered cabbage, cabbage

#### Dinner – 5 to 7 p.m.

Grilled polish sausages, beef yak-isoba, spicy chicken patties, cheese tortellini, parsley-buttered potatoes, rice pilaf, mixed vegetables, fried okra, seasoned cabbage, cabbage

### Thursday – Sept. 16

#### Lunch – 11 a.m. to 1 p.m.

Pork chop suey, Cantonese spareribs, spaghetti with meat sauce, spicy baked fish, cheese manicotti, steamed rice, orange rice, O'Brien potatoes, club spinach, spinach, stir fry vegetables, corn O'Brien

#### Dinner – 5 to 7 p.m.

Teriyaki chicken, sweet and sour chicken, beef stir fry, chopstick tuna, fried rice, oven-browned potatoes, brown rice, tempura fried vegetables, green peas, cauliflower

*Menus are subject to change without notice*

## REMINDER CALENDAR

- Sept. 10** Movie Night, "Percy Jackson & The Olympians – The Lightning Thief," 8:03 p.m., flagpole
- Sept. 11** Coke Concert Tour, 2-5 p.m., MacArthur Parade Field
- Sept. 11** Movie Night, "Furry Vengeance," 8:30 p.m., Dodd Field
- Sept. 14** Hiring Heroes Career Fair, 8 a.m.-3 p.m., Sam Houston Club
- Sept. 15** Hispanic Heritage Month Observance, cake cutting, noon at the post exchange
- Sept. 19** Army Dillo 10/20 Miler, 7:30 a.m., Jimmy Brought Fitness Center
- Sept. 21-23** Army Family Action Plan Conference, Sam Houston Club

### Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies can only be run twice. Limit of five items per entry. For more information, call 221-0546.